

⑧8) Tuesday 31st October 2023  
Book 40

Title: How to prevent depression;  
Part 1  
- Bismillahir Rahmaani -  
r Raheem

- In The Name of Allah,  
The Entirely Merciful,  
The Especially Merciful

### Text/Matn

1. My personal advice on preventing/averting depression is to completely turn back to Allah and to realise that this calamity can be prevented (by the will of Allah) from the Qadar of Allah to the Qadar of Allah (predetermination of Allah); However; one must be diligent and extremely cautious; and immediately take the means required to prevent such a calamity:
  1. One must turn back to Allah immediately.